

# UNITED STATES ARMY CADET COMMAND



## USACC FAMILY STRONG WELCOME GUIDE





# Welcome Letter



## Cadet Command

### Welcome to U.S. Army Cadet Command

Welcome to the U.S. Army Cadet Command – where we are committed to developing adaptive and innovative leaders of character.

You have joined our team at an exciting time. Our Army vision states that the “Army of 2028 will be ready to deploy, fight, and win decisively against any adversary, anytime and anywhere...while simultaneously deterring others and maintaining its ability to conduct irregular warfare.” With a legacy that is more than 100 years strong, Army ROTC is poised to contribute to the Army of 2028 with the next generation of great military leaders who are comfortable with complexity and capable of operating from the tactical to the strategic level.

Your role as a leader development professional is vital to ensuring the protection of our Nation. Cadet Command relies on YOU to help make Army ROTC academically unrivaled and a program sought by students who accept the challenge of leadership excellence. As you observe, train and mentor each Cadet, you instrumentally shape the outcome of tomorrow’s conflicts and missions. You help fine-tune the Cadets’ abilities to think critically so they can make compelling and effective decisions in every situation.

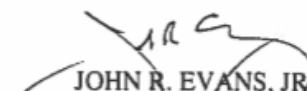
We are a geographically dispersed organization and most of our university-based Cadre do not live close to a military installation with convenient access to Army support facilities and programs. Still, we are a community of neighbors, looking out for our Soldiers and Families, especially those in outlying units. Our Soldier and Family Program Division works through Cadet Command brigades to provide Soldiers and Families the support services customarily available on military bases.

Each month, the Soldier and Family Program Quarterly Newsletter provides information regarding remote services and assistance. The websites in this packet offer additional information, and still more can be found on our Facebook site. Resiliency is the first step in defining our tomorrow, so I encourage you to explore the well-being and morale-building services presented in this resource guide.

Our families are the force behind the force, and we have an obligation to ensure they have the resources they need. Cadet Command recognizes the strength of our Families. You help make us Army Strong!

Again, welcome to the team and remain Army Strong!

Leaders for Life!

  
JOHN R. EVANS, JR.  
Major General, USA  
Commanding

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## **Introduction**

Moving is never easy, whether it is across town or to another continent so we have compiled information on many of the subjects important to U.S. Army Cadet Command (USACC) Soldiers and Families making a Permanent Change of Station (PCS) move. Information provided may apply to most moves but remember that local laws, rules, etc., may change some of this information. Be sure to ask the personnel in your ROTC Program, your sponsor, or contact the Soldier and Family Programs Office for information specific to your move.

## **USACC Mission and Vision Statements**

### **USACC Mission**

USACC partners with universities to recruit, educate, train, and commission leaders of character for the Total Army and partners with high schools to develop accomplished, responsible citizens who value service to their communities.

### **USACC Vision**

Developing Innovative Second Lieutenants, Professional Cadre, and Better Citizens -all dedicated to a lifetime of selfless service to the Nation.





# U. S. Army Cadet Command



Headquarters, U.S. Army Cadet Command, Fort Knox, KY.



HQs, 1st Brigade, Fort Knox, KY.

HQs, 2nd Brigade, Joint Base McGuire-Dix-Lakehurst, NJ.

HQs, 3rd Brigade, Great Lakes Naval Training Center, IL.

HQs, 4th Brigade, Fort Bragg, NC.

HQs, 5th Brigade, Joint Base San Antonio, TX.

HQs, 6th Brigade, Hunter Army Airfield, GA.

HQs, 7th Brigade, Fort Knox, KY.

HQs, 8th Brigade, Joint Base Lewis-McCord, WA.

## **Relocation Information**

### **A. Total Army Sponsorship Program**

Your assigned sponsor will provide a welcome packet and current information about Cadet Command and the surrounding community. If you do not hear from your assigned sponsor within seven days and you desire a sponsor, please contact Soldier and Family Programs at (502) 624-6238, 6239, 7226 or email [usarmy.knox.usacc.mesg.hq-g1-soldier-and-family-programs@mail.mil](mailto:usarmy.knox.usacc.mesg.hq-g1-soldier-and-family-programs@mail.mil).

### **B. Helpful Resources**

#### **1. My Army Benefits**

MyArmyBenefits is the official Army benefits website. Here you will find information regarding Planning and Assistance, Federal Benefits and Benefit News. Visit <https://myarmybenefits.us.army.mil/> to access those resources.

#### **2. Military OneSource**

Contact Military OneSource for a free packet of information about your new community. The packet contains information about the community, housing, schools, jobs, cost of living, climate, etc., to help make the transition smoother. The following programs are available through <http://www.MilitaryOneSource.com> or call Military OneSource 24/7 Family assistance at 1-800-342-9647.

a. Plan My Move is an online moving tool that simplifies the moving process, breaking it down into clear, manageable steps for both experienced and first time movers. Plan My Move provides comprehensive moving information, details about the benefits and allowances, a relocation budget planner and handy to-do lists. Visit [https://auth.militaryonesource.mil/cas/login?service=https%3a%2f%2fauth.militaryonesource.mil/MOS/sso.cas\\_auth.cas\\_login\\_redirect%3fAPP%3dUIS%26SESSION%3d0%26AID%3d1006](https://auth.militaryonesource.mil/cas/login?service=https%3a%2f%2fauth.militaryonesource.mil/MOS/sso.cas_auth.cas_login_redirect%3fAPP%3dUIS%26SESSION%3d0%26AID%3d1006)

b. By visiting Military Installations at <http://www.militaryinstallations.dod.mil> you can find valuable information on many topics such as housing, relocation assistance, childcare, household goods, education and health care. Visit <http://www.militaryonesource.mil/on-and-off-base-living/moving> or call (800) 342-9647.

### **C. Housing Information**

#### **1. The Automated Housing Referral Network (<http://www.AHRN.com>)**

The Automated Housing Referral Network is the preferred and trusted housing referral resource for the military community around the world designed to assist the military community locate available housing.

## 2. Community Housing Rental Information

Community housing rental information can be found at <https://www.HOMES.mil>, a DoD website designed to connect service members and their Families with rental listings near U.S. military bases.

## 3. Basic Allowance for Housing (BAH)

To find out how much the BAH will be in the new area, visit <https://www.defensetravel.dod.mil/site/bah.cfm>.

## 4. Leased Government Housing (LGH) Program Brief Overview

Leased Government Housing (LGH) is a program designed to offset the high costs and difficulty of finding a suitable home while living in a geographically dispersed location. Although the LGH program does not have housing set aside for Soldiers and their Families and is not a short term housing solution, it can be of great benefit for areas with appropriate rentals which greatly exceed Basic Allowance for Housing (BAH) rates. If there are suitable rental options within the Soldier's BAH amount (plus 5%) Out of Pocket (OOP) expense and within a 60 minute commute to their official duty location or a Military Installation, the LGH option will **not** be available. If, however, LGH is determined to be a viable option and a Soldier's application is approved, the Soldier will relinquish their BAH to the Army Corps of Engineers who in turn enters into a lease agreement with the landlord. If interested in the LGH program, Soldiers should contact Soldier and Family Programs (SFP) at least 45 days prior to-arrival at their unit and meet **all** eligibility requirements set forth by the Army Corps of Engineers. Please be sure to have a copy of your orders and DD Form 1172 available. There are a limited number of leases available each year for the LGH program. Contact the Cadet Command SFP at **(502) 624-6238, (502) 624-7226, or (502) 624- 6239** for further information and to apply.

### a. Eligibility

1. The program is open to all ranks for Soldiers traveling with dependents.
2. All eligible personnel must be receiving BAH at the 'with dependent rate' and accompanied by dependents. In cases of joint custody of dependents, only the Soldier who has custody for more than six months per year is eligible.
3. Permanent duty station must be located in a location greater than a one-hour commute from a military installation offering Government housing.
4. If adequate suitable housing is identified by the Army Corps of Engineers but declined by the Soldier, the Soldier is dropped from the program and cannot reapply until they have orders for a permanent change of duty station.
5. Total annual cost of housing plus utilities must not exceed the maximum annual cap set by the Corps of Engineers.

### b. Bedroom Entitlement

Unit size is based on number of dependents up to a maximum of four (4) bedrooms as listed below:

1. Member and spouse share one bedroom.
2. Children under six years of age share bedroom with same or opposite gender (maximum of two children per bedroom).

3. Children six through nine years of age share bedroom with same gender only (maximum two children per bedroom).
4. Dependent parents are entitled to their own bedroom.
5. Soldier must show proof that a child between the ages of 18 to 22 years old is enrolled in school/college, child loses bedroom entitlement on 23rd birthday.

**Note: Number and age of dependents may increase the bedroom authorizations of this entitlement.**

## **D. Medical and Dental Support**

### **1. TRICARE**

Your information in DEERS must be up to date in order to enroll Family members in TRICARE. Updates for DEERS can also be made by visiting <https://milconnect.dmdc.osd.mil/milconnect/>. Your TRICARE coverage is completely portable, meaning it moves with you. You are covered worldwide—both in transit to your new duty location and once you arrive. Depending on where you PCS, you may use a different TRICARE health plan option. You must update your address and other changes to TRICARE. For complete details on TRICARE coverage options, visit <https://www.tricare.mil>.

#### **a. Emergency Care**

If you need emergency care while in route to your new duty station, call 911 or go to the nearest emergency room. TRICARE defines emergency care as medical services provided for a sudden or unexpected medical or psychiatric condition, or the sudden worsening of a chronic (ongoing) condition that is threatening to life, limb or sight and needs immediate medical treatment, or which has painful symptoms that need immediate relief to stop suffering. If you are traveling near a military treatment facility (MTF), you should go to the MTF or military dental treatment facility for emergency services. If you are hospitalized in a civilian facility for more than 24 hours, contact your TRICARE region POC.

#### **b. Urgent Care**

If you need urgent care while en route to your new duty station, coordinate the care with your primary care manager (PCM) and/or TRICARE region POC. TRICARE defines urgent care as medical care for a condition that will not result in disability or death if not treated immediately but should be treated within 24 hours to avoid further complications. You should, however, contact your TRICARE region POC as soon as possible to coordinate any prior authorizations that are needed.

### **2. TRICARE Dental Program (TDP)**

United Concordia administers the TRICARE Dental Program (TDP) to active duty Family members, National Guard and Reserve members and their Families. Family members may enroll in TDP at any time, although the sponsor must have at least 12 months remaining on their service commitment at the time of enrollment. To locate the nearest participating provider, visit <https://www.tricare.mil/coveredservices/Dental/TDP.aspx> , [www.uccitdp.com/](http://www.uccitdp.com/) or call:

OCONUS (844) 653-4061  
OCONUS toll (717) 888-7400

### **3. TRICARE Pharmacy Benefit Options**

You should have all of your prescriptions filled before you leave to PCS, but if you need a prescription filled while you are traveling in the United States, consider the following options:

- a. Military Treatment Facility Pharmacy Clinics fill prescriptions free of charge.
- b. To find the closest TRICARE network pharmacy (civilian drug store) that may fill your prescription for free or for a minimal fee, call (877) 363-1303 or visit <https://www.tricare.mil>. If a network pharmacy is not available, you can visit a non-network pharmacy. You may have to pay up front for medication and file a claim with Express Scripts Inc. for reimbursement.
- c. The TRICARE Pharmacy Home Deliver may be the least expensive option when not using the military pharmacy. You can have your prescriptions sent to any address in the U.S. and U.S. territories, including temporary and APO/FPO addresses. With home delivery, you can get up to a 90 day supply for most medications and request refills by mail, phone or online. For more information, call the TRICARE Mail Order or Retail Pharmacy at (877) 363-1303 or visit the TRICARE Pharmacy website at <https://express-scripts.com/>.

## **E. Child Care**

### **1. Army Child Care Fee Assistance (AFA)**

AFA was created to provide authorized Reserve and Active Duty personnel assistance in locating, selecting, and offsetting the cost of civilian child care when on-base childcare is not available or a viable option for the service member and their Family. The programs available through Child Care Aware® of America provide subsidies for eligible military dependents enrolled in quality commercial childcare programs throughout the United States. Child Care Aware® of America authorizes subsidy amounts based on Total Family Income (TFI) for those eligible Army Families, and supplies monthly payments directly to the prospective child-care provider. For additional information visit <https://www.childcareaware.org/fee-assistancerespice/military-families/army/>.

### **2. MilitaryChildCare.com (MCC)**

MCC provides a single portal for Families to access on base/installation childcare options across all service branches worldwide. MCC offers a streamlined approach to finding and requesting care along with expediting placement through a standardized request process and waitlist management tools. Through MCC, eligible Families can search and request full or part-day care options in facility or home based programs. The program age range is for newborns through children age 12. An additional feature is that Families may remain on a preferred program's waitlist even after being offered care or enrolling in another program. For further information go to the MCC website: <https://public.militarychildcare.csd.disa.mil/mccu/ui/#/>.

## **F. The Army Suicide Prevention Program (ASPP)**

The Army Suicide Prevention Program provides resources for suicide awareness, intervention skills, prevention and follow-up in an effort to reduce the occurrence of suicidal behavior across the Army. For information about available resources and support, contact the USACC Champlain office at 502-624-1058 or the Soldier and Family Programs office at (502) 624-6238, 6239, 7226 or email the SFP team at [usarmy.knox.usacc.mesg.hq-g1-soldier-and-family-programs@mail.mil](mailto:usarmy.knox.usacc.mesg.hq-g1-soldier-and-family-programs@mail.mil). You can also visit <http://www.armyg1.army.mil/hr/suicide/default.asp>.

If you are depressed, lonely and are having suicidal thoughts, remember you are never alone. The National Suicide Prevention hotline is available to you 24 hours a day, seven days a week, 365 days a year. For help call (800) 273-TALK (8255), press 1 for Military Crisis Hotline. You can also text 838225 or go to <https://www.suicidepreventionlifeline.org>.

## **G. Family Advocacy Program (FAP)**

FAP is dedicated to the preventions, education, prompt reporting, investigation, intervention and treatment of spouse and child abuse. Resource may vary by location but for information and support contact the Cadet Command Soldier and Family Programs (SFP) office at (502) 624-6238, 6239, 7226 or email the SFP team at [usarmy.knox.usacc.mesg.hq-g1-soldier-and-family-programs@mail.mil](mailto:usarmy.knox.usacc.mesg.hq-g1-soldier-and-family-programs@mail.mil).

## **H. Sexual Harassment/Assault Response & Prevention (SHARP)**

The SHARP program reinforces the Army's commitment to eliminate incidents of sexual assault through a comprehensive policy on awareness and prevention, training and education, victim advocacy, response, reporting and accountability. Army policy promotes sensitive care and confidential reporting for victims of sexual assault and accountability for those who commit these crimes. For more information about the Army's SHARP program, visit <http://www.sexualassault.army.mil/>.

For general information about the USACC SHARP Program contact the Cadet Command SHARP SARC at 502-301-6601. To schedule SHARP Annual Refresher Training, please contact the Brigade SARC or Victim Advocate within your Brigade.

### **1. The SHARP Program**

- a.** Promotes awareness of sexual assault and coordinates professional intervention at all levels within military and civilian communities.
- b.** Strives to ensure protection of the privacy of victims of sexual assault through restricted and unrestricted reporting options.
- c.** Recognizes incidents of sexual assault constitute violations of the law and a commander has authority to take disciplinary or administrative action in such cases.

## **2. Sexual Assault Response Coordinator (SARC) or Victim Advocate (VA)**

To report sexual assault or sexual harassment contact the USACC 24/7 SHARP Hotline at (855) 472-6538 or the DoD Safe Helpline at 877-995-5247 or [www.safehelpline.org](http://www.safehelpline.org).

### **I. Army Substance Abuse Program (ASAP)**

The ASAP mission is to strengthen overall fitness and effectiveness of the Army's workforce, to preserve manpower, and enhance the combat readiness of Soldiers. Cadet Command implements this mission by randomly selecting its Soldiers and certain civilians for drug testing through urinalysis and by conducting mandatory substance abuse classes. The Cadet Command Drug Testing Coordinator can be reached by calling (502) 624-7219.

### **J. Exceptional Family Member Program (EFMP)**

USACC Soldier and Family Programs (SFP) can connect service members with the appropriate EFMP office for status changes (enrollment, updates, and disenrollment) in order to maintain mission readiness. A variety of resource information is also available. For more information regarding EFMP, visit <http://efmp.amedd.army.mil/>, call the SFP office at (502) 624-6238, 6239, 7226 or email the SFP team at [usarmy.knox.usacc.mesq.hq-g1-soldier-and-family-programs@mail.mil](mailto:usarmy.knox.usacc.mesq.hq-g1-soldier-and-family-programs@mail.mil).

### **K. Media Outreach**

#### **1. Facebook**

- a. To follow USACC Reserve Officers' Training Corps (ROTC), go to <https://www.facebook.com/cadetcommand/> and like their page.
- b. To become a member of the USACC Soldier and Family Programs Facebook Group, go to <https://www.facebook.com/groups/USACCSFP/>, answer the required USACC questions and await administration approval.

#### **2. Newsletter**

Soldier and Family Programs publishes a quarterly newsletter for all of USACC containing a wealth of information and resources. You may view the current issue of the Cadet Command Quarterly Newsletter by visiting [www.cadetcommand.army.mil/family\\_programs.aspx](http://www.cadetcommand.army.mil/family_programs.aspx) and clicking on the Quarterly Newsletter link. For more information, call the SFP office at (502) 624-6238, 6239, 7226 or email the SFP team at [usarmy.knox.usacc.mesq.hq-g1-soldier-and-family-programs@mail.mil](mailto:usarmy.knox.usacc.mesq.hq-g1-soldier-and-family-programs@mail.mil)

### **3. Soldier and Family Programs (SFP) Webpage**

For additional information regarding USACC SFP, visit the SFP Webpage at [www.cadetcommand.army.mil/family\\_programs.aspx](http://www.cadetcommand.army.mil/family_programs.aspx).

## **L. Emergency Assistance Contacts**

### **1. Army Emergency Relieve (AER) Program**

AER is the Army's own financial assistance organization. AER funds are made available to provide financial assistance to Soldiers—active and retired—and their dependents when there is a valid need. Contact AER at (866) 878-6378 for emergency assistance. For additional information visit <http://www.aerhq.org>.

### **2. American Red Cross**

The Red Cross assists Soldiers and Families with AER funds, recovery from disasters, notification of deployed service members and many other services. For more information, visit <http://www.redcross.org>.

## **M. Military Spouse Employment and Education**

### **1. Employment Opportunities**

a. The Army offers numerous opportunities for challenging and rewarding civilian employment in virtually all career fields and in different parts of the world. Whether you are a military spouse, student, a recent graduate, a veteran or a current federal employee seeking information about opportunities with the Army, please contact the nearest military installation Civilian Personnel Advisory Center (CPAC).

b. For more detailed information on federal employment categories, refer to the U.S. Office of Personnel management website at <https://www.opm.gov/policy-data-oversight/hiring-information/hiring-authorities/> or USA Jobs, <https://www.usajobs.gov>. If you are a veteran, visit <https://www.opm.gov/policy-data-oversight/veterans-services/>.

c. Military Spouse Preference (MSP) Program, established under the Military Family Act of 1985, offers employment placement preference in Department of Defense (DOD) civilian personnel positions to military spouses who meet certain criteria. To be eligible for the MSP, you must be the spouse of an active duty U.S. military member, to include the Coast Guard or full-time National Guard and relocating (not due to separation or retirement) with your military sponsor under a permanent change of station (PCS) move to an active duty assignment. You must have been married to the military sponsor prior to the sponsor's reporting date at the new assignment, apply for a position within commuting distance of the sponsor's permanent new duty station, and rank among the "best qualified" candidates for the position. You may apply for MSP as early as 30 days prior to your reporting date at the new duty station.

- d. The Department of Defense Spouse Education and Career Opportunities (SECO) Program at <https://myseco.militaryonesource.mil/portal/> or calling Military OneSource to speak to a certified SECO career counselor at (800) 342-9647.
- e. Military Spouse Employment Partnership (MSEP) can be accessed by visiting <https://msejobs.militaryonesource.mil/msep/>.

## **2. Career Advancement**

- a. The Military Spouse Career Advancement Account (MyCAA) is a career development and employment assistance program. MyCAA helps military spouses pursue licenses, certificates, certifications or associate degrees necessary for gainful employment in high demand, high growth portable career fields and occupations. MyCAA provides a maximum education benefit of \$4,000 with an annual fiscal year cap of \$2,000 to assist eligible military spouses who need professional credentials to meet their portable career goals. Learn more at <https://mycaa.militaryonesource.mil/mycaa/> or call (800) 342-9647 to speak with a MyCAA career and education consultant.
- b. The Spouse State Licensure and Certification Costs Reimbursement allows for State Licensure and Certification costs reimbursement up to \$1000 when incurred by Army Spouses resulting from a PCS move. The reimbursement is retroactive to 12 DEC 17 and is considered a PCS expense. For more information contact your Brigade S1 (contact information for BDE S1s found on the next page).

# KEY CONTACTS

## USACC Soldier & Family Programs

**SFP Chief**  
(502) 624-5297

**Drug Testing Coordinator**  
(502) 624-7219

**SFP Support Coordinators**  
(502) 624-7226, 6239, 6238

**SFP Email**  
usarmy.knox,usacc.mesg.hq-g1-soldier-and-family-  
programs@mail.mil

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## BDE S1 Contacts

**1st BDE:** (502) 624-1854  
**2nd BDE:** (609) 562-2748  
**3rd BDE:** (847) 688-3328 (ext. 109)  
**4th BDE:** (910) 396-6920 (ext. 158)  
**5th BDE:** (210) 295-0460  
**6th BDE:** (912) 315-4613  
**7th BDE:** (502) 624-2473  
**8th BDE:** (253) 967-3254

# STAYING CONNECTED

## Cadet Command Website:

<http://www.cadetcommand.army.mil/>

## Cadet Command Soldier & Family Programs Webpage:

[http://www.cadetcommand.army.mil/family\\_programs.aspx](http://www.cadetcommand.army.mil/family_programs.aspx)

## Cadet Command Soldier & Family Programs Facebook Group:

<https://www.facebook.com/USACCSFP/>

## Cadet Command Soldier & Family Programs Email Address:

[usarmy.knox.usacc.mesg.hq-g1-soldier-and-family-programs@mail.mil](mailto:usarmy.knox.usacc.mesg.hq-g1-soldier-and-family-programs@mail.mil)

# Additional Resources

**Army A-Z:** Resource link to every Army unit website as well as support organizations. All organizations are in alphabetic order. <https://www.army.mil/info/a-z/>

**Defense Finance and Accounting Services (DFAS):** Links you to MyPay, per diem amounts, PCS travel information, housing allowances and pay charts. <http://www.dfas.mil>

**Army Family and Morale, Welfare and Recreation (FMWR):** A comprehensive network of support and leisure services designed to enhance the lives of Soldiers and their Families, civilian employees, military retirees and other eligible participants. <http://armymwr.org>

**Military Youth on the Move (MYOM):** Focuses on age specific issues related to relocation, transitioning to a new school, military life, and much more. MYOM was developed with kids in mind, drawing upon input from military children of all ages. <http://www.militaryonesource.mil/family-and-relationships/military-youth-on-the-move>

**Plan My Move:** The official DoD website to assist military members and their Families with all the details connected with a government ordered permanent change of station (PCS). [https://auth.militaryonesource.mil/cas/login?service=https%3a//auth.militaryonesource.mil/MOS/sso.cas\\_auth.cas\\_login\\_redirect%3fAPP%3dUIS%26SESSION%3d0%26AID%3d1006](https://auth.militaryonesource.mil/cas/login?service=https%3a//auth.militaryonesource.mil/MOS/sso.cas_auth.cas_login_redirect%3fAPP%3dUIS%26SESSION%3d0%26AID%3d1006)

**Thrift Savings Plan (TSP):** A retirement plan for federal government civilian employees and Soldiers. The TSP is a defined contribution plan, meaning that the retirement income you receive from your TSP account will depend on how much you (and your agency, if you are eligible to receive agency contributions) put into your account during your working years and the earnings accumulated over that time. <http://www.tsp.gov>

**TRICARE Online:** Allows Soldiers and Family members to view and manage appointments at military hospitals and clinics, refill prescriptions, and view personal health data. <https://www.tricareonline.com/tol2/prelogin/desktopIndex.xhtml>

**MilConnect:** Provided by the Defense Manpower Data Center (DMDC) that offers sponsors, spouses, and their children (18 years and older) access to their personal information, health care eligibility, personnel records, and other information from a centralized location. <https://www.dmdc.osd.mil/milconnect/>

# OTHER HELPFUL INTERNET RESOURCES

**Note:** These websites are provided for informational purposes only. Appearance in this guide does not indicate endorsement by Cadet Command or the Army.

U.S. Army.....<https://www.army.mil>  
Human Resources Command.....<https://www.hrc.army.mil>

## **BENEFITS:**

Military Pay & Entitlements.....<http://www.dfas.mil/militarymembers.html>  
Military Benefits.....<http://military.com/benefits>  
MyArmyBenefits.....<http://myarmybenefits.us.army.mil>  
MyPay.....<http://mypay.dfas.mil>  
Thrift Savings Plan.....<https://www.tsp.gov>

## **BUSINESS:**

Small Business Administration.....<https://www.sba.gov>

## **CALCULATORS:**

Social Security Benefit Calculators.....<https://www.ssa.gov/retire/estimator.html>  
TSP Retirement Planner.....<https://www.tsp.gov/PlanningTools/Calculators/retirementCalculator.html>  
Life Insurance Needs Calculator.....<http://www.benefits.va.gov/INSURANCE/introCalc.asp>  
BAH Calculator.....<http://www.defensetravel.dod.mil/site/bahCalc.cfm>

## **EDUCATION:**

College Board.....<https://www.collegeboard.org>  
Federal Employee Education & Assistance Fund Scholarships.....<http://www.feea.org/scholarships>  
U.S. Department of Education.....<http://www.ed.gov>  
GI Bill Information.....<http://benefits.va.gov/gibill>  
Princeton Review.....<http://www.princetonreview.com>  
Scholarships for Military Children.....<http://www.militaryscholar.org>  
Federal Student Aid.....<https://studentaid.ed.gov/sa/>  
March 2 Success.....<https://www.march2success.com>

## **FAMILY:**

Tragedy Assistance Program.....<http://www.taps.org/>  
The Military Coalition.....<http://www.themilitarycoalition.org/>  
Military Family Association.....<http://www.militaryfamily.org/>  
Military Spouse Career Site (Dept. of Labor).....<http://www.careeronestop.org/militaryspouse/>  
Military Family Research Institute.....<https://www.mfri.purdue.edu/>  
NYU Child Study Center.....<http://www.med.nyu.edu/child-adolescent-psychiatry/>  
Parents Helping Parents of Massachusetts.....<http://www.parentshelpingparents.org/>  
Military Child.....<http://www.militarychild.org>

# OTHER HELPFUL INTERNET RESOURCES

**Note:** These websites are provided for informational purposes only. Appearance in this guide does not indicate endorsement by Cadet Command or the Army.

Military Parenting.....<http://www.veterantraining.va.gov/parenting/>  
Automated Housing Referral Network.....<http://www.ahrn.com>

## **FEDERAL EMPLOYEE:**

EEOC's Quick Start for Employees.....<https://www.eeoc.gov>  
Federal Employee Education and Assistance Fund (FEEA).....<http://feea.org>  
Social Security Retirement Planner.....<http://www.ssa.gov/planners/retire>  
Department of Labor.....<http://www.dol.gov>  
Army Benefits Center.....<https://www.abc.army.mil>  
DCPDS Portal for MyBiz.....<https://compo.dcpds.cpms.osd.mil>  
Defense Civilian Personnel Advisory Service.....<https://www.cpms.osd.mil>

## **FINANCIAL ASSISTANCE:**

Army Emergency Relief.....<https://www.aerhq.org>  
Federal Employee Education and Assistance Fund (FEEA).....<http://feea.org>  
Military Money Magazine.....<https://www.incharge.org/military-money>  
U.S. Army Reserve.....<http://www.usar.army.mil>  
Army National Guard.....<http://www.nationalguard.com>  
Employer Support of the Guard & Reserve (ESGR).....<http://www.esgr.mil>

## **HEALTH CARE:**

My TRICARE Claims Processing Service.....<https://mytricare.com>  
TRICARE Dental.....<http://www.tricare.mil/dental>  
TRICARE.....<http://www.tricare.mil>

## **ID CARDS:**

RAPIDS Site Locator.....<https://www.dmdc.osd.mil/rsl>

## **INSURANCE:**

Service Members Group Life Insurance (SGLI).....<http://www.benefits.va.gov/insurance/sgli.asp>

## **VETERAN/RETIREE:**

Arlington National Cemetery.....<http://www.arlingtoncemetery.mil/about>  
Veterans of Foreign Wars (VFW).....<http://www.vfw.org>  
National Cemetery Administration.....<http://www.cem.va.gov>  
Department of Veterans Affairs.....<http://www.va.gov>  
DOL Veterans' Employment and Training Service (VETS).....<https://www.dol.gov/vets>  
American Legion.....<http://www.legion.org>  
Veterans Group Life Insurance.....<http://benefits.va.gov/INSURANCE/>